## LOOKING BACKWARD INTO ANTIQUITY.

Quaint Curios and Odd Things, Ancient Treasures and Works of Art, Historical Mementos and Legacies of Extinct Generations Found in Gotham's Libraries and Museums.

KEY OF THE BASTILLE.

Astounding Productions of Skilful Egyptian Artists Contemporaneous with the Bible, Some of Which Date Back Over Two Thousand Years Before the Birth of Christ.

PETRIFIED NUMBES AND FOSSILIZED FISHES.

The cynical pessimist who looks at all things through jaundiced eyes and fancies that the world is retrograding instead of progressing could find no more striking and withal interesting evidences of his error and the mutations of time than are to be seen in the forty-two libraries and museums of

These great public educators contain in their bosoms palpable proofs of the progress of the age as edifying as they are instructive, and yet so ingenious of conceit, though oft bizarre of form, as to demonstrate that as far back as three or four centuries ago lived men of wonderful genius and shillities which took a wide range.

Here, cheek by jowl, are curious and old books, ancient manuscripts written by great men whose names history has made familiar to the present generation and associated with great deeds, letters and proclamations and maps which have exercised a great influence in the making of history and the moulding of thought, implements of warfare and mementos of nations' struggles, many of which are reminiscent of eventful phases of human existence-the trying times the world has encountered, the hardships it has endured, collectively and in-

There, in juxtaposition with the greatest evidences of the progress and enlightenment of the age-the thousands upon thousands of books which are read yearly-duly labelled and annotated, are startling reminders of the Dark Ages, of man's barbarity to man, of the death throes of nations and the struggles and births of others-things that have played important rôles in the destinies of men and countries.

Per contra there are also to be found marks of wenderful ingenuity; knowledge of the arts and sciences, primitive though they were; of statecraft and worldly usages; but the greater number of them so quaint as to make the customs and handlwork of the nations of the present day stand in bold relief and show the undoniable progress of the world during the last three or four centuries.

To lead the freader into all the recesses of these repositories of knowledge would require too much of his time and too much of the Henald's space.
And for the benefit of those who cannot devote the two or three weeks which careful researches into all of New York's libraries would require, a brie! mention of the most interesting objects I found in my pilgrimage to these shrines of knowledge is here

IN THE APPRENTICES' LIBRARY. THE KEY OF THE FRENCH BASTILLE, A FAMOUS PIRATE'S SEULL AND MANY OLD AND QUEER

The Apprentices' Library, which was founded 105 years ago by the Society of Mechanics and Tradesmen, which was organized in 1780 by twentytwo mechanics, who assembled for the purpose in Walter Hyer's tavern on Old King (now Pine) street, near Broadway, contains, besides its 87,000 books, many contemporaneous and ancient objects of interest. Among those which Librarian Schwartz cherishes the most is the key of the French Bastille-that peerless abode of innumerable victims of Gallie intrigue, that monstrous monu ment of monarchical tyranny, the downfall of which was but the warning signal of the approaching hurricane which swept the government of effeminate Louis XVI. out of existence, which in time was followed by the greatest revolutionary tornado the world ever saw. It is 6% inches long 24 inches wide at the top, 1% inches thick and Sinches wide at the bottom. It is evident that when a key of such monstrous proportions turned on a prisoner he was to remain in his dungeon at the sweet will of his incarcerator. It was presented to the library by Mr. Daniel D. Wright, an old member of the society.

Carefully pasted on a cardboard is a copy of the NEW YORK HEEALD of November 2, 1839, containing a four column cut illustrative of a "great demoeratic meeting in Tammany Hall" and demonstrating that then, as now, the HERALD led the van in

sented by Mr. Stephen M. Wright, secretary of the society.

Beside this is a copy of the Columbia Scatingle of Saturday. March 1, 1795, which was published by Saturday. March 1, 1795, which was published by Sanjamin Russell in State street, Boston, a peculiarity of which is the line "Published by Authority" over each article.

Underneath is a programme of a performance of "Used Up," given at the Broadway Theatre on Monday, September 27, 1847, when Lester Wallack made his first appearance in the United States, calling himself then "Mr. J. Lester, from the Theatre Royal, Haymarket,"

Near by is a letter from Lord Chesterfield, simply disted "August 2," addressel "Dear Phil," in which he reminds his son of his "dutys" to 60d and his "dutys" to man—"God, to whom you owe all your social advantages." The following is a fac-simile of the signature:—



On a shelf below this is the top part of the skull plate of Firste "Gibbs," whose real name was James D. Jefferson, who was born at Newport, B. L. in 1704 and was banged April 22, 1831, on Harren Island, where he had buried \$50,000 of the \$54,000 he and his confederates had stoten from the brig Vineyard. The discovery was made by the waves uncerthing the silver from the sand. "Jibbs" was once a United States marine. He joined a Buenos Ayrean privateer, mutinised, took the vessel, landed the crew in Florida, went to the West Indies and captured twenty vessels and murdered 400 persons. A full and interesting account of this wonderful outlaw's exploits was published in the New Yons Herando of January 9, 1860. The skull was sawed apart and was very thick forward. He had a receding forehead, the seat of rash intrepidity being ab-



SKULL OF OTRES, THE PIRATE, normally developed, with a total absence of the bumps of cautiousness. A Mexican silver dollar of 1834 which was taken out of his pocket just before he was hanged is among the collection. Surmounting the above are flags, tattered and

the society said corps having been organized the society state in the floor rests an unexploded shell fired by a outtor of the Union fleet at the battle of Hilton ad, on Thursday, November 7, 1861, presented Brigadier General James F. Hail.

In another closet are Continental currency of 6 and colonial currency of 1771. The latter (which

days.

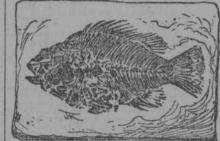
There are also a seven dollar colonial note, numbered \$4.198; a State of New York note for \$10 of 1776, and one of the first issue of the first issue of the first issue of the postage stamps used on letters, dated 1852. Surmounting a vignette of Washington are the words "U. S. City Despatch Post," and naderneath, "Three cents." And also United States coins of 1798.

A gold medal in a corner tells a little story regarding the inventor of the Hoe press. It was presented to George F. Hoe in 1863 "for highest profiction y in mathematics in the schools of the Society of Mechanics and Tradesmen."

HARR BOOMS.

The collection contains many rare and quaint old books. Among them are:—Biography of King James I. 1556, one of the oldest extant. Harrington's "The Art of Law Giving." with "Appendix Concerning on House of Lord." "A Complete Body of Chymystry, laid open in two books, by Nicasius le Febure, Royal Professor in Chymystry to His Majesty of England and

Ghymystry to His Majesty of England and Apothecary in Ordinary to His Honourable spoon approach to His Honourable spoon approach and more curiously colored and more curiously liustrated German Bible printed in 1738, "Hymen's Fraindia; or, Love's Master-Fiece, Being that so much admired roman entituled Cleopatra, 1865," "Sermons preached at Faul's Crosse in London in 1893 in Easter torme by Thomas Flayfor, Professor of Dinnicie for the Ladie Margaret in Cambridge," "The History of Lapland, wherein are Shewed the Original Hanners, Habits, Marriages, Conjurations, &c., of that People, by John Schoffer, 1874." "Zayde, a Spanish History, being a pleasant and witty novel in two parts compleat, originally written in French by Monsleur Sersy, done into English by P. Portor." George Herbert's "Temple, Sacred Poems & Private Ejaculations, 1674." "An Historical & Geographical Account of the Province & Country of Pensilvania and of West New-Jerssy in America, by Gabriel Thomas, 1898." One of the quaintest books in point of phrase clogy and printing is one presented by Miss M. L.



Torrens. It is almost three hundred years old. On one page is written "Richard Duffie owin]eth this book." The following is a copy of the title

CASE OF CONSCIENCE, THE
Greatest the ener west, How a mean
may know whether he he the
child of God or no.
Resolved by the Word of God
heroutte is added a briefe fiscourse
taken out of Hier. Zanehlus
at Lendon.
Printed by Robert Robinson,
for Thomas Man &
John Porter.

tions.

Also original copies of letters from James Monroe, Secretary of State of the United States, and
Augustus J. Poster, relative to the orders in council and the Little Bell, with the declaration of war-

NEW YORK HISTORICAL SOCIETY. WONDERFUL EGYPTIAN ANTIQUITIES, SOME OF WHICH ARE OVER FOUR THOUSAND YEARS OLD.

Perhaps one of the most wonderful collections of Egyptian antiquities in the world is Dr. Abbott's, in the museum of the New York Historical Society Many of the objects it contains were found in tombs in Dr. Abbott's presence. This collection affords ocular and paluable proofs of the authenticity of the Bible, making us, as it were, contemporary with Abraham, the Israelites in Egypt, Shi-



FATHER. Armor of Shishak (071 years B. C.), who took Jerusalem from Rehoboam.

A hawkhead vase, in green earthenware, from the plain of Zoan, with the oval of Zerah, the Ethiopian Ring, 741 years B. C.

Burned and unburned bricks, made without straw by the children of Israel in Egypt, and dating from Thothmes III.

The gold necitace and earrings, bearing the name of Menes, the first Pharaoh of Egypt and the earliest king in history. The date of this ornament is concoded to be 2,771 years B. C.

The large gold signet ring of Shoufou, or Cheops, as high priest and king, who built the great pyramid 2,322 years B. C.

Baked clay stamps used by Terak in the twenty-fifth dynasty, 714 years B. C., to stamp the fresh Mile mad which was plastered over the locks of the granaries and public buildings.

The mummy case, which was handed around at bauquets to romind the guests of their mortality.

The stylus with which the Greeks wrote and the tablets upon which they

which the writing is so legible.

The human mummies and three pondorous mummied Egyptian bullocks.

A magnificently carved slab of limestone from the Temple of Ermeat, which represents the return of a king of the thirteenth dynasty after a victorious war, about 1850 B.C.

An Osirian figure in blue porcelain, having the oval of Paanimetichus, a Pharach of the twenty-sixth dynasty, 668 B.C.

Three large mummies of

THE-TO-TUM.

**通道緊閉** 

Soro of Ombos, the Great
God, Lord of the
Heavens, &c., and is evidently connected with
the sun; from Memphis.

A bronze figure of
Osiris, the sun of Nepte neonze Figure OF Hanand Sed, and engendered
of heaven. His most
prominent function was that of Judge of the Dead,
seated in the hall of the Two Truths, with Onem,
the devourer and the forty-two demons of the
dead. dead.

And, besides innumerable objects of great interest, what is, perhaps, the most ancient muniny ever known, dating, probably, as early as the pyramids of Ghizeh, about 2500 B. C.

IN THE ASTOR LIBRARY. COLLECTION OF ANTIQUE AND COMPARATIVELY MODERN OBJECTS, AS WONDERFUL AS THEY

It is doubtful if any library in the world contains a more interesting collection of relics of autiquity and of early American history than is to be found in the Astor Library. Following are some of the most notable ones:-Zahn's magnificent frescoes of Pompeli, with

three hundred brilliantly illuminated pictures reproducing in all their freshness and beauty the decorations that still exist in fragments of the walls and palaces of that fated city, after having been buried beneath the lava and scorin of Vesuvus for so many centuries.

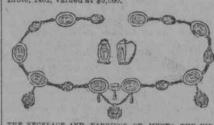
Two Persian manuscript poems by Djamee—the "Liela and Mejcoon" and the "Khosru" and "Shiveen"—written en vellum by the famous catiographer, Sultan Alee Meshedee, 896 A. H. (1518 A. B.).

about A. D. 650.

Sacred books of the Parsees, one being the "Zendavesta" ("Book of Light"), ascribed to Zoveaster, who was contemporary with the Grock legislator Solon, and Exclusi, the Hebrew prophet.

A VALUABLE RIBLE.

The first dated and printed edition of the Latin Bible, 1462, valued at \$4,000.



THE NECKLACE AND EARBINGS OF MENES, THE FIRST PHAROAH OF EGYPT, 2750 YEARS B. C.

The first edition of Homer in Greek, printed at Florence in 1488.

The first letter announcing the discovery of America, written in 1493.

A Cicero, printed at Mayenco in 1466, shortly after the invention of printing.

First edition of a Catholicon, printed on Guttenberg's presses in the fifteenth century, valued at \$2,000.

The first engraved map of America, a very, very primitive and ourious affair indeed.

A "Ptolemacus" of 1508 and a "Virgil," with annotations, 1492.

A German Bible, which brought at the Didot sale 8,000f.

A Justinian polygici psalter, each page contain. The first edition of Homer in Greek, printed at

8,690f.

A Justinian polyglot pealter, each page containing several languages, printed in 1516, remarkable for a note to Paalm xix., 4, referring to the discovery of America.

Solisbury's Breviary, printed in London in 1555.

The four voyages of Vespucius, printed at Strasburg in 1509.

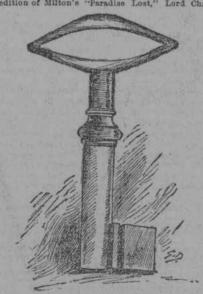
burg in 1509.

And among many other manuscripts are autograph letters from Bon Franklin, Benedict Arnold, Alexander Hamilton's original plan of the United States constitution, submitted June 18, 1787; letters from Frederick the Great, Beethoven, Liezt, Talleyrand, Pins IX., the Duke of Wellington and Bulwer Lytton.

IN OTHER LIBRARIES. VERY OLD AND BABE EDITIONS OF PRECIOUS

DOORS AND ANCIENT MSS, OF HISTORICAL

Very rare and ancient editions of the works of standard authors, the Bible and historical manuscripts are to be found jostling each other in many of the other libraries. In the Lenox are the first edition of Bunyan's "Pilgrim's Progress," 1678; "The Wicked Bible," 1631; the Gospel in Greek, written Gothic type, wonderfully illustrated, printed on the thinnest kind of vellum, in Florence, in 1476; Erasmus' Testament, in Greek and Latin, the first printed edition of the entire New Testament in the original, Basle, 1516; No. 7 of nine copies of the first edition of Milton's "Paradise Lost." Lord Chat-



THE KEY OF THE BASTILLE

ham's copy, with autograph of Wordsworth: first ham's copy, with autograph of Wordsworth; first edition of Milton's "Eikonoclastes," 1649, and the King's proclamation against it, 1659; first edition of Milton's "Lycidas," 1638; "La Vieux Natura Breutura, dernierment corrigee of amend' & cy nounciment imprimée, Londini, 1584," with autograph of Milton, showing the peculiarfties of French orthography in those days; Rosse's "Mel Hollconium," with autograph and sonnet by Milton, 1646; "The Soven Deadly Sins," printed by Johann Bänder, Augsburg, 1474;" "Johannis de Turrecremata, Meditations," Rome, 1473; Bohemian Bible, first edition, Prague, 1490; an illustrated copy of Vespitinis "Le Nouveau Monde," Paris, 1516; manuscript copy of "Petrarca," wonderfully illuminated in gold and colors, firteenth century; an itailan ballad recounting the discovery of America, Florence, 1493, and several autograph letters of Spanish and Portugueso kings and princes.

In the library of Columbia College, which contains 115,000 volumes, can also be found many ancient books and manuscripts of great value, among them being "Chatterton's Poenis," in manuscript, valued at \$75; Dante's "La Divina Commedia," \$30; Donck's "Nieuvo Nederlant," very rare, \$199; Franck's New York Directory, 1786, \$300; Fulton's "Canal Navigation," 1796, \$500; Medoc," manuscript, 1799; "Sharpe-Funeral Sermon," 1706, \$1,250; Walton's "Compleat Angler," first edition, 1653, and a first folio edition of Shakespare's works, 1628.

The Museum Of Natural History. edition of Milton's "Eikonoclastes," 1649, and the

MUSEUM OF NATURAL HISTORY. MUMMIES, CURIOS AND FOSSILS ILLUSTRATING THE GEOLOGICAL FORMATIONS PRINCIPALLY

OF THIS COUNTRY. There is, perhaps, no establishment on the American continent which contains so many objects illustrative of the various epochs of the fordos B. C.

Three large mummies of the sacred bull Apis, found in the tombs of Dashour. These are very rare, no other institution possessing a sincle specimen of them. According to Kenrick, the Egyptians honored Apis as an image of the soul of Osiris, believing that this soul migrated from one Apis to another in succession. His death was a season of general mourning and his interment was attended with the most costly ceremonies.

A ten-to-tum in stone, with the Greek alphabet

inscribed thereon, supposed to have been used by children to learn their letters.

The pronomen of the father of Sesostris in porcelain, from Sakkarsh, 1205 B. C.

Representation in red agate of the tie of the girdle worn by the gods, kings and priests.

An alabaster vase, with the cartouche of Ounas, 1220 B. C., from Thebes, and another, marked with the hame of No-Phre-Ka-Ra, of the second dynasty, 2200 B. C., from Sakkarsh.

A finely executed bronze figure of Hardon, frequently called those figure of Hardon, frequently called the slder Horus. At Ombos he is styled resident in the eyes of light, Soro of Ombos, the Great God. Lord of the Heavens, &c., and is evidently connected with old Indian fort on the banks of the Columbia River. Another canvas contains three persons, similarly embalined, petrified, belonging to the same tribe and found in the same locality.

Another petrified munmy, in a recumbent posture, found by the Kentucky Geological Survey in a cave near Glasgow Junction, Edmonson county, Ky.



MUMMY FOUND IN A KENTUCKY CAVE.

were huried in the mud at the bottom of the sea, and are now found preserved in the rocks formed in that mud. Thus are also found sea shells, corals, bones of fishes, &c., embedded in these rocks, so that they are made to contain the records of the animal and plant life of the seas at the time and place where they were found. By this means is also ascertained the curious fact that, after a cortain form has thus appeared in the record and has passed out of existence, it is never repeated.

Green velvet mainchite, of wonderful beauty, but impossible to properly reproduce in print, found in Arksona mines.

Fossil wood, Miocene times, found in upper Missouri lakes which are now filled.

Fossil turiles and turtle eggs, of the same period, found at Fredericksburg, va. Turtles of this period were inhabitants of the extensive fresh water lakes existing around the present Upper Missouri region in Miocene times. They were found embedded in marly rocks in these ancient lakes.

Fossil fora of the coal period, as well as club mosses, forns, exquisite and confers, found near Scranton, Pa.

Parts of extinct female marine animals found embedded in stone at Kaokuk, Iowa.

A section of a beautiful agatized tree, mineralized by waters and hot springs holding the silica in solution.

Some of the implements and instruments used by the aborigines of the American and other continents conclusively show that these people pos-

is solution.

Some of the implements and instruments used by the aborigines of the American and other continents conclusively show that these people possessed characteristics which are generally supposed to exist among the civilized inhabitants of the earth. For instauce, they used many musical instruments which are as curious as they are ingenious, some of thom closely resembling the primitive banjo used at the present day by grotesque ministrels, and were probably as harmonious.

cesque ministreis, and were probably as harmonious.

A "SONG STICK."

One of the most curious articles from which the Indians extracted music is a "Winnebago song stick," on which were carred quaint musical notes. Other marks of civilization of the aborigines of the West are found among their gambling implements, with accurate gauges for testing and measuring the same! Which shows that after all the modern man was not the inventor of all the vices. Shell pins and ornaments, wooden combs and stone knives, axecand hammers found in Ohio and Tennessee mounds also prove that we are but imitators in many household articles. Our red skin ancestors also evinced a taste for art, in this that



TREASURE TROVES OF AN OLD HERBAL.

Wealth of Cosmetic Advice and Healing for "Women's Griefes."

WISDOM CULLED FROM WEEDS.

Suggestions Extracted by Shirley Dare from a Book Exhumed from the Middle Ages.

Few persons feel more fortunate than I in a gift the New Year brought.

It wasn't anything in plush, thank Heaven! Neither writing case full of unusable stiff paper, nor handkerchief case with from one to several showy, expensive duds of lawn and cheap point lace, nor glove box too small to be of use, nor a painted gauze scarf to tie in a big bow knot on a picture or chair back to catch dust and make one uncomfortable, nor a piece of amateur painting on box or plaque. Really the things one has to be thankful for not having, raise devoutest gratitude.

It was none of those sweetly inutile things you have to accept and smile gracefully over, saying "Thank you, dear," aloud, and "What in the world did she want to give me that thing for I should like to know?" to your truthful self. Thentyou fold it up in its tissue paper, put it away in your odd drawer and never touch it again.

You would not think much of the old book, with its stained leaves and closely worded, black letter pages in astonishing English. But it suits my taste, this antique herbal, gathered by a painstaking hand, dating so far back that much of its language is only to be guessed at. I had far rather have it than your lace fan or your yard wide flounces, Madam, dearly though I love lace if it is fine, choice of pattern and excellently woven.

CHARMS OF ANTIQUITY. Rich and curious and quaint is the wording of this black and sallow paged book, a casket of fine

direct phrase and a mine of derivation,
"Sheats' Dictionary of Old English" is modern beside this treasure, almost every line of which recalls a legend or a tradition of medicine, curious and useful, too. For here one finds the origin of many a kindly old wife's treatment and wise physician's practice, and for one who loves plants and their lore there are pages to pore over for hours.

All the lore of simple and distilled waters and compounds, of washes for the face and "griefes of the skin" are here handed down from prior and leech to wise woman for centuries. These prescriptions healed wounds of the Templars in bloody fights and cleansed plague sores when that now unknown disease was a terror of every household. HOME LIFE OF THE MIDDLE AGES.

This quaint, outspoken little book is a reflection of the life and ways of a household in the Middle of the life and ways of a household in the Middle Ages. Constant mention of wine and saffron, rose-water and goats' milk, fine herbs and distilled waters, reveals the generous store of such comfortable things in a well supplied house. There are cures for frenzles and bites of scorpions and venomous things brought by Crusaders from Orient sands and their dangerous tenantry, also for polson and snake bite and pricks, as if it were the commonest thing for any one to be stung or poisoned or to run thoras into the flesh daily in those ignorant, rude times.

Attention is given to "treacles, mithridates and preservatives against poison and the plague." Altention is given to "treacles, mithridates and preservatives against poison, so called from King Mithridates is the old name for medicines which fortified one against poison, so called from King Mithridates, who took sima, so called from King Mithridates, who had took simal the sum of the windom thay have left is not sweepings for the broom and dustpan by any means. They were men of observation and penetrative powers, and if they made some mistakes, as possibly the thirticht century may find in our practice, the cieverest doctors find by experience that there is truth in many of the sayings which the college boy laughed at.

An age is ignorant which derides them, for they studied nature at first hand, with stronger vision than we who bring to it eyes and brains wearied with study of books and copinions Ages. Constant mention of wine and saffron, rose-

A TOY TAME

A TOY

to comfort and make them clear and lively, distil a peck of rotten apples and use the water." I do not youch for this.

"INTUES OF HOREHOUND.

The virtues of white horehound are set forth at leisure. "Boiled with tris root till the third part of the water is wasted, it is good for old coughs and raises phlegm, taken a spoonful when the cough comes on. Stamp—i.e., pound—the leaves with honey and apply for agnals and swellings about the nails or joints. The juice clearest the eyes and killeth worms in the ears," which was one of the minor plagues of Queen Elizabeth's times and before. "All kinds of horehound are good for women to bathe in that have weak back or pains in the legs. The distilled water is good against all scabs and wheales. For madness, stamp house-leek and roses, equal parts, with milk and bind on the forchead and temples. Face swelen or scorched, rub it twice or thrice a day with the juice of bouseleek. Juniper or the barries burned driveth away all venomous beasts," like meaquitoss, "and all infection and corruption of the air.

"I'vy leaves sodden in wine are good for all apots and scabs of the face and skin. The great leaves of ivy sodden in wine heal all wounds and cuta. One, drachm of the juice being drunk after the change of the moon causeth sterlity in women. To make hair yellow wash with 1ye of the ashes of ivy wood without the bark. Breasts sagging or hanging down wear thereto a garland of ivy or stamp ivy leaves and apply. Sciatica, amount with the juice of ivy drawn out by stoeping in alcohol.

"Lavender, boil it in water and wett thy shirt in

alcohol.

"Lavender, boil it in water and west thy shirt in it, and dry it again and wear it, and no body vermin will be in it as long as it smelleth of it. The flowers distilled in wine help all cold griefes of the

it, and dry it again and wear it, and no body vermin will be in it as long as it smelleth of it. The flowers distilled in wine help all cold griefes of the brain, cramps and stoppages whatever. Shred the leaves with the flowers and distil in June, and drink two concess of the water against Apoplexis, or the astonishing and trembling of thy members and hands. To comfort the head quilt the flowers into a cap and wear it daily.

"For palsy seethe the herb well in water and drink half a pint first and last fourteen days; the same taketh out any stain in cloth. For all passions of the sinews (nervous twitching) drink two ounces of the water and bathe the head with it. I do want to see a great lavender bed in every garden in this country before I die. "Drank with cold water lavender spirit is good against palpitation of the hears." To avoid drunkenness use leeks raw"—same subject continued. "For sciatica," now in season, "drink the juice. Distil the roots in June, and the water is good against bleeding of the langs, falling or the hair, barrenness of women, ulcers and spots of the skin and some dozen other evils. A bath of leaks sodden in hot sait sea water is sovereign against all "women's griefes."

"Lettuce nourisheth and breedeth good blood and causeth sleep. Young lettuce is good for agues, so are the seeds in warm water. Let milch women (co) eat the seeds in warm water. Let milch women (co) eat the seeds to increase milk and amend the slaht. Pluck up lettuce with the left hand before the sunrising and lay it under the covering of a sick man's bed, he not knowing thereof, to cause him to sleep," which is pretty, if it is a superstition. "It is not good for women who would have children to use lettuce much, as it causes barrenness and maketh the children raging of kind and foolish effects of the opium in lettuce, and the same is evil for them that be short winded, phlesmatic or spit blood.

"For heartburn chew licerice root and swallow the juice. The seeds of lifes are good against the bitings of serpents. The cl

